

Name : Mrs. ABIRAMI B (35 /F)

Date : 04/04/2023

Address : NO:A/3 DHASARI APARTMENT GNANAMOORTHY NAGAR EXTN AMBATTUR
TIRUVALLUR, THIRUVALLUR, THIRUVALLUR, TAMIL NADU, INDIA

Examined by: Dr .JEYASURIYA

UHID : ASM1.0000659334

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW
40YRS

AHC No : MDUMH103470



CHIEF COMPLAINTS

No specific complaints

PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,
Hypertension,
Dyslipidemia, Thyroid
disorder, Heart disease,
Stroke, Asthma, COPD,
Cancer, Impaired Glycemia



DRUG ALLERGY

NO KNOWN ALLERGY

:04/04/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

General symptoms

- Nil Significant

Mental Health Screening

PHQ 9 Score - 0



Past medical history

Covid 19 - No



Surgical history

Lower segment - 2
caesarean section



Personal history

Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Sedentary



Family history

Coronary artery - none
disease
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - moderate
Height - 168
Weight - 82.4
BMI - 29.2
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 80
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 80
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath
sounds

Name : Mrs. ABIRAMI B (35 /F)

UHID : ASM1.0000659334

Date : 04/04/2023

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH103470

 **Abdomen**

Organomegaly - No
Tenderness - No

Gynaec findings

Gynaec checkup done by - Dr.HEMALEKHA
Past surgical history - lscs
No of Children - 2
Periods - regular, scanty
Breast examination - NAD
P/A - SOFT
P/S - CX congested
P/V - ut rv , bulky , ff
Pap smear - Taken

Printed By : Makarasi T S

Name : Mrs. ABIRAMI B (35 /F)

UHID : ASM1.0000659334

Date : 04/04/2023

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH103470

HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	9.8 *	gm%	●	11.5-16.5
Packed cell volume(Calculated)	31 *	%	●	37-47
WBC Count	6.2	10 ³ /m ³	●	4-11
Platelet Count	354	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	22 *	mm/1st hr	●	0-20
RBC Count	4.24	Million/ul	●	3.7-5.6
MCV	73 *	fl	●	75-95
MCH(Calculated)	23 *	pg	●	26-32
MCHC(Calculated)	32	g/dl	●	31-36
Reticulocytes	0.8	%		
Neutrophils	59	%	●	40-80
Lymphocytes	32	%	●	20-40
Eosinophils	02	%	●	01-06
Monocytes	07	%	●	2-10
RBC:	NORMOCHROMIC NORMOCYTIC RBCS WITH ANISOPOIKILOCYTOSIS.			
WBC:	WITHIN NORMAL LIMITS.			
Platelets:	ADEQUATE.			
Impression	NORMOCHROMIC NORMOCYTIC ANEMIA.			
Note	KINDLY CORRELATE CLINICALLY.			

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.025		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Slightly Turbid			Clear
pH	5.5		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE

● Within Normal Range
 ● Borderline High/Low
 ● Out of Range

Bile Salts :-	Absent		ABSENT
Urobilinogen	Normal	E.U./dL	Normal
RBC	6-8	/hpf	0-2
Pus Cells	2-4	/hpf	Male : 2 - 3 Female : 2 - 5
Epithelial Cells	1-2	/hpf	3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	15	U/L	●	Adult Female : <34

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.6	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.3	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	70	U/L	●	Adult(Female): < 104

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	20	U/L	●	Adult Female: <31

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.4	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	173	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

Name : Mrs. ABIRAMI B (35 /F)

UHID : ASM1.0000659334

Date : 04/04/2023

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH103470

Creatinine - Serum	0.8	mg/dL	●	Female: 0.6 - 1.1	LDL Cholesterol (Direct LDL)	104	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190
--------------------	-----	-------	---	-------------------	------------------------------	-----	-------	---	--

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	10	U/L	●	Female: < 38

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	93	mg/dL	●	60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	93	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.9	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	34 *	mg/dL	●	Low: <40 High: >=60

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.9	g/dL	●	>2 Year: 6.0 - 8.0

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	89	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	5.1 *		●	< 4.5

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	16	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	3.6	mg/dL	●	Adult Female: 2.6 - 6.0

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	18		●	Desirable:<30
Triglycerides - Serum	89	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

● Within Normal Range ● Borderline High/Low ● Out of Range

Name : Mrs. ABIRAMI B (35 /F)

UHID : ASM1.0000659334

Date : 04/04/2023

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH103470

Bilirubin Conjugated - Serum 0.2 mg/dL ● 0.0-0.2

Bilirubin Unconjugated - Serum (Calculated) 0.2 mg/dL ● 0.0-1.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7.5	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	106	ng/dL	●	60-180

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	9.4	µg/dL	●	3.5 - 12.5

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.34	µIU/mL	●	0.35 - 5.50

PAP SMEAR /CERVICAL SMEAR

Ref No:
G 700/2023.
SPECIMEN TYPE:
Cervical smear
SPECIMEN ADEQUACY:
Satisfactory for evaluation with metaplastic squamous cells.
INTERPRETATION/RESULT:
Negative for intraepithelial lesion or malignancy.
*

- Reactive cellular changes associated with dense inflammation.

COMMENTS AND SUGGESTIONS:
SUGGESTED TO REPEAT AFTER A COURSE OF TREATMENT.

Seen in Consultation With:
DR.K. USHA RANI, MD.,
SR. CONSULTANT PATHOLOGIST.

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN

Liver shows increased echopattern with no evidence of focal pathology.

The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is mildly distended.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 10.5 x 5.1 cm.

Left kidney measures 11.7 x 5.0 cm.

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder is partially distended.

Uterus measures 7.7 x 3.9 cms and shows normal endometrial and myometrial echoes. Endometrium is thickness measures 5 mm.

Right ovary could not be visualized.

Left ovary appears normal.

IMPRESSION

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 04.04.2023 SHOWS,

- GRADE I FATTY LIVER.

REPORTED BY,
DR.A.PANDIAN, MBBS.,DMRD.,
CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

● Within Normal Range ● Borderline High/Low ● Out of Range

Name : Mrs. ABIRAMI B (35 /F)

UHID : ASM1.0000659334

Date : 04/04/2023

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH103470

NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
NORMAL LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
LVEF:70%

INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT
PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG

 Within Normal Range  Borderline High/Low  Out of Range


Executive Summary

 Physical Examination and routine Investigation in AHC Package reveals the following :


- OBESITY
- PREDIABETES
- ANEMIA- IRON DEFICENCY

Wellness Prescription

Advice On Diet :-

 -BALANCED DIET

Advice On Physical Activity :-

 - Regular walking

Medications

-T.SOCRIL 1-0-0 A/F FOR 90 DAYS

Dr.JEYASURIYA

AHC Physician / Consultant Internal Medicine

Printed By : Sasikala T

Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.

Name : Mrs. ABIRAMI B (35 /F)

UHID : ASM1.0000659334

Date : 04/04/2023

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH103470

Medications

-T.SOCRIL 1-0-0 A/F FOR 90 DAYS

Dr.JEYASURIYA

AHC Physician / Consultant Internal Medicine